

Gross Motor Developmental Milestones: Quick Reference Chart

AGE	TRAVELING SKILLS	BALANCING SKILLS	MANIPULATIVE SKILLS
Birth to 1 Year	<ul style="list-style-type: none"> • Holds head up steadily • Lifts head/shoulders by propping up on arms • Rolls over from back to stomach • Crawls • Pulls to stand 	<ul style="list-style-type: none"> • Sits alone momentarily • Stands momentarily without support • Can prop sit • Rocks back and forth on hands and knees 	<ul style="list-style-type: none"> • Opens hand to release toy • Reaches with one hand • Bats at rattle that is held near • Reaches for toy with entire hand
1 to 2 Years	<ul style="list-style-type: none"> • Cruises while holding onto furniture • Walks across room, starting and stopping • Walks up and down stairs, with support • Walks independently • Moves body in new ways, such as tumbling • Walks sideways and backwards • Walks to a ball and kicks it • Runs alone • Runs with increasing speed • Jumps in place • Jumps over objects or off a step 	<ul style="list-style-type: none"> • Squats to pick up toys • Stands on tiptoes to reach something • Gets in and out of adult chair • Kneels while playing • Straddles across beam or sandbox edge • Tries to stand on a flat board 	<ul style="list-style-type: none"> • Carries a large ball while moving • Flings a beanbag • Throws a ball or other object by pushing it with both hands • Catches a large bounced ball against body with straight arms • Kicks a stationary ball • Holds object in one hand and bangs an object with the other • Dumps pail with one hand and retrieves shovel that falls out with other • Throws ball intentionally • Throws ball overhand, using both arms, while standing
2 to 3 Years	<ul style="list-style-type: none"> • Walks across room • Uses a hurried walk • Walks backwards • Pushes a riding toy with feet while steering • Uses a walker to get to the table • Marches around room • Walks up and down stairs alternating feet, holding handrail or with help • Jumps in place, two feet together 	<ul style="list-style-type: none"> • Squats to pick up toys • Stands on tiptoes to reach something • Gets in and out of adult chair • Kneels while playing • Straddles a taped line on the floor • Sidesteps a taped line on the floor • Sidesteps across beam or sandbox edge 	<ul style="list-style-type: none"> • Carries a large ball while moving • Flings a beanbag • Throws a ball or other object by pushing it with both hands • Catches a large bounced ball against the body with arms straight • Kicks a stationary ball

AGE	TRAVELING SKILLS	BALANCING SKILLS	MANIPULATIVE SKILLS
3 to 4 Years	<ul style="list-style-type: none"> • Runs • Avoids obstacles and people while moving • Walks up and down stairs alternating feet • Climbs at least two rungs of a jungle gym • Climbs up and down on playground equipment • Rides tricycle using feet to push forward • Rides tricycle using pedals • Gallops, but not smoothly • Jumps over objects or off a step 	<ul style="list-style-type: none"> • Walks forward along sandbox edge, watching feet • Jumps off low step, landing on two feet • Jumps over small objects 	<ul style="list-style-type: none"> • Throws a ball or other object • Traps thrown ball against body (bending arms when catching) • Strikes a balloon with a large paddle • Kicks ball forward by stepping or running up to it
4 to 6 Years	<ul style="list-style-type: none"> • Runs smoothly, quickly changes directions and stops/starts quickly • Jumps and spins • Marches • Moves through obstacle course • Gallops and skips with ease • Plays “Follow the Leader” using a variety of traveling movements • Plays games that require jumping or kicking a ball 	<ul style="list-style-type: none"> • Hops across the playground; hops on one foot then the other • Walks across beam or sandbox edge, forward and backward • Attempts to jump rope • Hops, skips or twirls around and stops without falling 	<ul style="list-style-type: none"> • Steps forward to throw ball and follows through • Catches a thrown ball with both hands • Throws a hand-sized ball • Dribbles a ball • Strikes a stationary ball • Bounces and catches a ball • Kicks moving ball while running • Pounds with, shakes, twists or swings an arm or leg

From Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, 2nd Ed. (2009), www.AAHPERD.org, National Association of Sport and Physical Education